DISEASE,

AND

HOW TO PREVENT IT.

A TREATISE ON SOAP, AS RELATED TO THE PREVENTION OF DISEASE AND THE PRESERVATION OF HEALTH.

BY

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WITH SPECIAL REFERENCE TO THE

SOAP-POWDER.

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"Cleanliness is next to Godliness." This phrase has become a household word, and I only wish the practice were more universally represented. Still we are getting on. Soap is cheap enough; but that which is far more important than cheapness, is that soap—certain soaps, that is—are efficient to the full as removers of dirt, and, what is equally important, as means for preventing disease. Chief among such soaps is SUNLIGHT Soap-Powder, MANUFACTURED AT PORT SUNLIGHT, BY LEVER BROTHERS LIMITED, whose Sunlight and Lifebuoy Soaps are known wherever civilization has penetrated.

DIRT AND DISEASE.

In the Middle ages, "the sanctity of dirt," was almost universally represented among mankind. To-day we approve of "sweetness and light"—the "light" of

understanding and obeying the laws of health. Soap assists the world materially —I might say wholly—in observing these laws, which mean the limitation of disease and the greater happiness of man.

THE TEST OF A GOOD CLEANSER.

There are represented in the cleansing action of soap two phases of things, a chemical action and a physical one. The one prepares the dirt for removal, the other removes it. *Now, different soaps possess very different powers in the way of removing dirt easily, and with the minimum of labour.* I will here suggest an experiment. Make a fairly strong solution of ordinary soap, steep a piece of dirty cloth in it, and note, after, say, half-an-hour's steeping, the amount of rubbing needed to remove the engrained dirt. Make a similar solution of Soap-Powder. Much less of the powder may be used, and after half-an-hour's steeping, the action of the Soap-Powder will have been accomplished more quickly, and with a very little agitation—a simple rinsing, the dirt disappears completely. A Soap-Powder

which can accomplish this much ought to receive the full patronage of housewives, anxious to curtail labour, and to turn out clean linen.

DESTRUCTIVE SOAPS, AND OTHERS.

There are soaps (and other substances) which will cleanse quickly, but *they destroy the fabrics.* The man, whose linen, after a visit or two to the laundry, comes home in tatters, will be eloquent on the subject. You need fear nothing of this kind in the case of Soap-Powder. *It Cleanses; it does not burn or corrode.* This much I can vouch for fully. A quick washer, a perfect cleanser, harmless to delicate things—such are its leading features, and my point is the advocacy of Soap-Powder as *one of the great aids to health-preservation and to the prevention of disease.*

DISEASE PREVENTION.

Mark what *disease and disease-prevention* mean. "Disease" implies that you cannot discharge the duties of life painlessly and effectively. It may mean a small

disturbance of health—toothache, for example—or a serious one, as typhoid fever. To *cure disease* is the business of the doctor. To *prevent disease* is the business of everybody. The man or woman who realizes this duty, and who acts upon it, is a public benefactor, and such people help to make the world better and happier, because by attention to that duty they save much pain, much misery, and risk of death.

OUR LACK OF HEALTH KNOWLEDGE.

Nobody can treat disease properly save the doctor who has been trained to understand ailments. The prevention of disease is everybody's business, but I am afraid that (as usual) the business of everybody is liable to be attended to by nobody. What we want is instruction in the laws of health. Men and women, educated in all other ways, remain innocent of the information that alone can put length of days within their grasp. So "the people perish for lack of knowledge," and lives are sacrificed year by year to the Moloch of ignorance regarding the causes of the diseases which decimate us.

CLEANLINESS IS HEALTH.

The science of health is summed up in one word—*Cleanliness*, the basis of all sanitation, public and private alike; and as cleanliness is largely a matter of *Soap, the proper use of a proper Soap* is the foundation of all health-practice. Such a soap I hold to be XYZ Soap-Powder, and I propose to show forth the application thereof in the prevention of disease.

A SOAP AND DISINFECTANT IN ONE.

In the first place, XYZ Soap-Powder, besides being a Soap is

Also a powerful Disinfectant.

The better name would be a "*Germicide*," that is, a killer of germs. Nothing less will satisfy the man of science. He must kill, not merely scotch, the microbes of disease. If we do not disinfect, we know the risks we run. If we use an ineffective disinfectant, believing it to be trustworthy, we are liable to infection unawares. Many disinfectants are used. Some are excellent, others mediocre, others useless. What concerns us here is

the *double action* which Soap-Powder effects. It is, first, a *Disinfectant of Power*, for its solution applied to disease-material kills microbes, in the second place, we get *the action of the soap itself*, no mean thing in respect of ridding the world of microbes. Without such a powder, there would be little chance of complete safety.

HOW TO DISINFECT IN FEVER.

Take the case of infected bed and body clothes in fever. These, being removed, have at once to be disinfected, so that before they leave the patient's room even, they shall be prevented from acting as carriers of disease. They should be plunged into a zinc pail or tub containing a strong hot solution of Soap-Powder. Then, carried straight to the boiler, they should be well boiled in the soap solution which therein awaits them. This practice will render them innocuous, and is one in accord with medical approval. Prolonged boiling alone will kill disease germs, if sufficiently prolonged, but the addition of Soap-Powder confers upon us here an additional

measure of safety. As soap *must* be used, it is best to use a soap-powder which, whilst *an admirable cleanser, also exercises disinfectant powers.*

CLEANING THE HOUSE.

What we have to remember here is that we are using a combination of soap and disinfectant, and soap in a form in which it is calculated to attack dirt-particles of the smallest size, that may well harbour the microbes of disease. For the *cleansing of woodwork* after infection, for the washing of floorcloths and like articles, Soap-Powder is unsurpassed. In a sick room, everything may be suspected of being a possible medium for conveying disease germs. *The Searchlight of Science is* Soap-Powder, which routs microbes, and ends their existence. The utensils used in the sick chamber should be scoured with this soap-powder and hot water. The floor should receive special attention after the case is over. Scrub everything that is washable with Soap-Powder, thereby ensuring purity and freedom from risks of infection.

PERSONAL HEALTH AND SOAP-POWDER.

In many cases baths may be ordered by the doctor. The addition of this soap-powder to the bath will render it of great value as a disinfecting measure. In scarlet fever and the like, where the skin gives out infectious scales, a bath so treated, is highly effective in preventing infection, because, as in the case of infected clothes themselves, the process of disinfection can be readily carried out.

SORE FEET AND SOAP.

Tired and weary footsore people cannot do better than bathe the feet in hot water in which this soap-powder has been dissolved. There must be frequent changing of socks, of course, in cases of sore and chafed feet, and the boots or shoes must fit properly. The bathing will, however, be an aid to comfort such as, once tested, will be practised when need arises.

SKIN TROUBLES AND SOAP-POWDER.

There are certain conditions of the skin which cause discomfort, capable of being

relieved or cured by the use of Soap-Powder such as "disagreeable perspiration" and "excessive perspiration." The former condition may be confined to the feet, or may affect the whole body. The cause of the disagreeable odour is a special kind of microbe or germ harboured in certain states of the skin, and the value of a bath in which Soap-Powder has been dissolved may be understood. In the case of the ordinary bath, this soap-powder should at least occasionally be used. People are in the habit of adding ammonia to the bath water as a stimulant. Let them try Soap-Powder. It will render the bath more effective, both as a bracing and as a stimulating and cleansing measure.

THE ENGLISHMAN'S CASTLE.

The Domain of the House is worthy the attention of the sanitarian in respect of the efficient use of soap as a health-giver. I have often said that the *kitchen sink* is apt to prove a source of disease. If its waste-pipe passes directly down into

the drains, as is too often the case, sewage gases are liable to pass into the kitchen and cause infection of milk and other foods, besides entailing the risk of sore throats or worse. Nothing can cure a defective sink save to have the waste-pipe trapped, but in the case of all sinks it will be well to note that a bucketful of hot water, in which a packet of Soap-Powder has been dissolved, used to flush the sink, will dissolve grease, and sweeten things all round.

WASTE WATER AS A DISINFECTANT.

Closets and lavatories should be cleansed by the same method. A full head of water is a necessity here for due flushing, but the addition of this soap-powder to hot water, used for flushing, will form a measure of precaution such as cannot fail to prevent nuisance and preserve health. The use of Soap-Powder *in the ordinary work of the house* of itself implies the adoption of a sanitary measure which practically costs nothing beyond the price paid for the soap-powder. For, if this powder be employed, the waste water passing into the drains is

charged with disinfecting properties. The very act of getting rid of waste water, therefore, implies a sanitary measure of value in keeping the drains sweet and pure.

OUR DOMESTIC PETS AND THEIR HEALTH.

There is yet to be noted another important use of Soap-Powder. We delight in *pets of various kinds*. Our dogs, our cats, and our birds are all regarded with affection. The cat is known to acquire diphtheria from man, and to be capable of infecting him. Now, as troubles of this kind all originate in "dirt" —diphtheria, indeed, is defined as a "filth-disease"—it is evident animals require care and attention. Our dog should be washed in water to which Soap-Powder has been added, or the powder itself may be used. Our birds' cages should be washed regularly, kennels diligently scrubbed out, with the powder used with hot water, the woodwork in this fashion being disinfected, and cleansed of everything that might induce disease—in the dog or in his owner.

HOSPITALS AND SOAP.

The same rules of sanitary safety apply to the hotel, the workhouse or orphanage, as to the mansion or cottage. Cleanliness must reign if health is to be secured. For hospital use as a cleanser, and for employment in schools and the like, the advantages of this soap-powder need no demonstration. *Cleansing on a large scale* can be quickly accomplished by its use, with little labour.

THE DAIRY AND ITS HEALTH.

Nor need the Dairy be overlooked. Nobody doubts the powerful nature of milk as a medium for infecting us with typhoid fever, scarlet fever, diphtheria, and other ailments, when it has been polluted by the germs of these diseases. The history of epidemics teaches this, and throws on the dairy farmer and the milk dealer a tremendous responsibility. To each [illegible] Soap-Powder presents a ready means of ensuring cleanliness of the vessels, premises, cow-sheds, and the dairy environment at large. I advocate its use in dairy-premises on the lines on which its employment in an ordinary home

became apparent. *To the Stable* the same remarks apply. The horse's health depends on cleanly surroundings, and the flushing of the premises with a solution of this soap-powder, and its use, both for animals and premises, will result in a sweetened life from the health standpoint.

SOAP AND THE PREVENTION OF CONSUMPTION.

Now that the *Prevention of Consumption* is known to consist in destroying the germs coughed up by consumptives, we can note how a soap-powder which possesses disinfectant properties must aid that great and national work. The premises, bedding, spittoons, and other surroundings of the consumptive's life should all be rigidly cleansed with [illegible] Soap-Powder. The chance of infection would thus be largely diminished.

THE END OF THE STORY.

I conclude by saying that soap is *the* great civilizer. A soap which, in addition to cleansing away dirt easily, also secures the destruction of many of the microbes that cause disease, should, as a matter of public safety, be used everywhere.

A LITTLE BIT OF LOGIC.

To prevent Infection practice Cleanliness.

The best Cleanser is Soap.

The best Soap-Powder is .